


























OCEAN COUNTY NUTRITION PROGRAMS






Program Name:	Weigh to Live
Agency/Institution:	Community Medical Center
Address:	368 Lakehurst Rd., Suite 204 Toms River, NJ 08755
County:	Ocean
Phone:	(732) 240-0204
Focus:	Weight and lifestyle management for health and reduction of illness and medications.
Services:	     
Population served:	Ages 41+
Funded by:	Organization funds its own programs, insurance reimbursement, patient charged.
Fees & Charges:	Yes.
Other information:	Program has specific cancer prevention focus.








Program Name:	Healthy Snacks and Healthy Foods
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provides health education & wellness promotion to people throughout the whole life continuum.
Services:	  
Population served:	 (school-based) and all adults
Funded by:	
Fees & Charges:	
Other information:	Professional development workshops for school systems & corps. are provided upon request.

Program Name:	Food for Thought
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provide education for teens about healthy food choices, diets, eating disorders and sports nutrition.
Services:	  
Population served:	 S
Funded by:	
Fees & Charges:	
Other information:	Provided through schools, organizations (i.e. Scout troops, etc.) and onsite at the Center for Healthy Living.

Program Name:	Senior Support Group
Agency/Institution:	Jewish Family & Children Services
Address:	301 Madison Ave Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 363-8010
Focus:	Unknown
Services:	  
Population served:	
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	-

Program Name:	Family & Consumer Sciences Nutrition, Diet & Health
Agency/Institution:	Rutgers Cooperative Extension of Ocean County
Address:	1623 Whitesville Rd. Toms River, NJ 08755
County:	Ocean
Phone:	(732) 349-1247
Focus:	Assisting those on food stamps to make better food choices and to help them make their food last throughout the month.
Services:	     5
Population served:	 adults 
Funded by:	Federal
Fees & Charges:	None
Other information:	Program has a specific cancer prevention focus.


Program Name:	Dover Township Senior Center
Agency/Institution:	Dover Township Senior Center
Address:	625 Garfield Ave. Toms River, NJ 08753
County:	Ocean
Phone:	(732) 341-1000
Focus:	Wellness and maintaining independent lifestyles.
Services:	  
Population served:	 
Funded by:	State, Federal & Township
Fees & Charges:	None
Other information:	-


Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street. Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 367-1400
Focus:	To promote the independence, dignity, health and well-being of participants by providing nutritious meals in a group setting, encouraging social interaction to reduce isolation, and making supportive services available.
Services:	      5
Population served:	Age 60+ 
Funded by:	County, State, Federal
Fees & Charges:	Suggested donation
Other information:	Information for cancer patients/survivors, Meals on Wheels





Program Name:	Daybreak Adult Day Services
Agency/Institution:	Meridian Health System
Address:	816 Beaver Dam Road, Point Pleasant, NJ 08742
County:	Ocean
Phone:	(732) 892-1717
Focus:	Promote independence
Services:	☐
Population served:	Open to all adults.
Funded by:	State of NJ
Fees & Charges:	Yes
Other information:	





OCEAN COUNTY







PHYSICAL ACTIVITY PROGRAMS





Program Name:	Daybreak Adult Day Services
Agency/Institution:	Meridian Health System
Address:	816 Beaver Dam Road, Point Pleasant, NJ 08742
County:	Ocean
Phone:	(732) 892-1717
Focus:	Promote independence
Services:	
Population served:	Open to all adults
Funded by:	Not funded
Fees & Charges:	Yes
Other information:	



Program Name:	Classic Yoga & Gentle Yoga
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provides health education & wellness promotion to people throughout the whole life continuum.
Services:	 Y
Population served:	All adults
Funded by:	
Fees & Charges:	\$5 per class
Other information:	

Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street Lakewood, NJ 08701
County:	Ocean
Phone:	(732)367-1400
Focus:	To promote the independence, dignity, and health and wellbeing of participants by providing nutritious meals in a group setting, encouraging social interaction to reduce isolation, and making supportive services available and easily accessible to participants.
Services:	  
Population served:	Ages 60+ 
Funded by:	County, State and Federal
Fees & Charges:	Suggested donation
Other information:	

Program Name:	Senior Support Group
Agency/Institution:	Jewish Family & Children Services
Address:	301 Madison Ave. Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 363-8010
Focus:	Informational
Services:	   
Population served:	
Funded by:	State funded
Fees & Charges:	None
Other information:	

Program Name:	Weigh to Live
Agency/Institution:	Community Medical Center
Address:	368 Lakehurst Rd., Suite 204 Toms River, NJ 08755
County:	Ocean
Phone:	(732)240-0204
Focus:	Weight management and lifestyle changes.
Services:	     
Population served:	Ages 19+
Funded by:	Organization funds its own program
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus.

Program Name:	Beehive Senior Center
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street Lakewood, NJ 08701
County:	Ocean
Phone:	(732)367-1400
Focus:	To provide social support programs that assist older adults in living as independently and as physically fit as possible in the environment of their choice.
Services:	    5
Population served:	Ages 60+
Funded by:	County, State, Federal
Fees & Charges:	None
Other information:	

Program Name:	Dover Township Senior Center (Yoga & Exercise Classes)
Agency/Institution:	Dover Township Senior Center
Address:	625 Garfield Ave. Toms River, NJ 08753.
County:	Ocean
Phone:	(732) 341-1000
Focus:	Wellness and keeping independence.
Services:	
Population served:	Adults 60+ 
Funded by:	State & federal
Fees & Charges:	None
Other information:	